



Chicken Cacciatore

with Mushrooms and Fusilli

FAMILY 35 Minutes



Chicken Thighs



White Mushrooms



Sweet Bell Pepper



Onion



Garlic



Parmesan Cheese



Italian Seasoning



Diced Tomatoes



Fusilli



All-Purpose Flour



Chicken Broth Concentrate



Parsley

HELLO CACCIATORE
Italian for "hunter's stew!"

Start Strong

Before starting, wash and dry all produce.

Bust Out

Measuring Cups, Measuring Spoons, Strainer, Paper Towels, Garlic Press, Large Non-Stick Pan, Large Pot, Zip-Top Bag

Ingredients

	4 Person
Chicken Thighs	620 g
White Mushrooms	227 g
Sweet Bell Pepper	160 g
Onion	113 g
Garlic	12 g
Parmesan Cheese	¼ cup
Italian Seasoning	2 tbsp
Diced Tomatoes	1 can
Fusilli	340 g
All-Purpose Flour	2 tbsp
Chicken Broth Concentrate	1
Parsley	7 g
Oil*	
Salt and Pepper*	

* Pantry items

** Minimum weight of chicken thighs

*** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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1. COOK FUSILLI

Add **10 cups water** and **2 tsp salt** to a large pot. Cover and bring to a boil over high heat. Add **fusilli** to the pot of **boiling water**. Cook, stirring occasionally, until tender, 10-12 min. Reserve **½ cup pasta water**, then drain. Return **fusilli** to the same pot.



4. COOK SAUCE

Add **1 tbsp oil** to the same pan, then the **onions, peppers** and **mushrooms**. Cook, stirring occasionally, until **veggies** are tender-crisp, 3-4 min. Add the **garlic, broth concentrate, diced tomatoes, remaining Italian seasoning** and **reserved pasta water**. Cook, stirring occasionally, until **sauce** thickens slightly, 5-6 min. Remove the pan from the heat.



2. PREP

While the **fusilli** cooks, cut the **pepper** into ½-inch pieces. Peel, then cut the **onion** into ½-inch pieces. Thinly slice **mushrooms**. Roughly chop **parsley**. Peel, then mince or grate the **garlic**. Combine **flour, half the Italian seasoning** and **half the Parmesan** in a zip-top bag. Pat the **chicken** dry with paper towels, then season with **salt** and **pepper**.



5. ASSEMBLE PASTA

Pour the **veggie-tomato sauce** over the **fusilli** and stir to combine. Season with **salt** and **pepper**.



3. COOK CHICKEN

Add **chicken** to the zip-top bag. Close bag and gently shake to coat **chicken** completely. Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil**, then **chicken**. Cook, until golden-brown and cooked through, 7-8 min per side.*** Transfer to a plate and cover to keep warm.



6. FINISH AND SERVE

Slice the **chicken**. Divide the **pasta** between plates and top with the **chicken**. Sprinkle over the **parsley** and **remaining Parmesan**.

Dinner Solved!